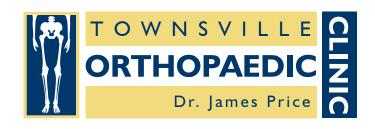
POST OPERATIVE INSTRUCTIONS: Major Foot / Ankle Surgery



GENERAL

- 1. Have a responsible adult with you for first twenty-four hours after surgery.
- 2. Do not drive a car or operate machinery for first twenty-four hours.
- 3. Do not drive a car after an arm or leg operation at least until the sutures are removed, and not at all with a plaster.
- 4. Do not make important decisions in the first twenty-four hours.

DRESSINGS AND WOUNDS

- 1. Leave all dressings and /or plaster intact until your post-op visit.
- 2. Keep wound and dressings dry (cover in plastic bag for shower).

PAIN RELIEF

- 1. Initial pain maybe minimal due to the ongoing action of the local anaesthetic or nerve block, but this will wear off after approximately 8 to 24 hours. Therefore pain relief should be taken prior to going to bed on the first night post-operatively.
- 2. Take analgesia regularly; do not let pain get out of control.
- 3. You will receive a script for Panadeine Forte or a similar painkiller.
- 4. Elevation of your foot is the best method of pain relief.

ACTIVITIES

- 1. Until the sutures are removed, minimize activity, elevate your leg and apply ice packs regularly.
- 2. Use crutches and other walking aids as directed by Dr. Price.
- 3. Do not weight bear if you have a plaster.
- 4. Avoid heavy activities and avoid undue pressure or tension on the wound.
- 5. If your foot becomes excessively swollen or painful, reduce your activity and elevate / ice your foot.

PRECAUTIONS

- 1. Please call us if any of the following are worrying you
 - a. excessive bleeding or discharge.
 - b. excessive swelling
 - c. excessive pain
 - d. severe fevers or chills
 - e. if your stitches have burst or become excessively sore

Contact Details:

- a. Normal working hours call Dr. Price's rooms on 4728 8500.
- b. After hours call the Mater Hospital switchboard on 4727 4444 or the Orthopaedic ward at the Mater on 4727 4443.
- c. Call your G.P. if the above fails.

POST-OP APPOINTMENT

Your post-operative appointment will be on a Tuesday morning approximately ten (10) to fourteen (14) days after your operation.

Call my Secretary on (07) 4728 8500 to confirm your appointment time prior to this day.